

## Monday

## Tuesday

## Wednesday

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

4

8:30 Brown Bag Renewals  
10:45 Dancing, Social Hall  
11:45 Lunch  
**Stuffed salmon, Pasta and peas, Japanese blend veggies, Carrot raisin Salad, Orange**  
1:00 Big Bingo, Social Hall



5

11:45 Lunch  
**Meat loaf, Bread Corn and red bell peppers, Mashed potatoes, Fruit**  
1:00 Movie: Tower Heist  
4:00 Wii Bowling  
5:15 Drop In Bridge

6

10:30 Line Dancing, Social Hall  
11:45 Lunch  
**BBQ chicken, diced oven potatoes, bread, California blend veggies, Green salad, Fruit**  
12:45 Bingo, Social Hall  
5:30 Movie: Tower Heist

11

8:30 HICAP  
10:00 Movie: Woman of the Year  
10:45 Dancing, Social Hall  
11:45 Lunch  
**Chicken and turkey tortellini salad, Cauliflower, peas, tomatoes and broccoli, Dinner roll, Fruit**  
1:00 Movie: Adam's Rib  
1:00 Workshop: Intro to Wii Bowling



12

8:50 Eyeglass Repair  
10:00 Movie: Goldfinger  
10:30 Book Club - 'The Glass Castle'  
11:45 Lunch  
**Teriyaki chicken, Brown rice, Japanese blend veggies, Green salad w/ tomatoes, Pineapple chunks**  
1:00 Movie: Diamonds are Forever  
4:00 Wii Bowling  
5:15 Drop In Bridge  
5:30 "James Bond movie"

13

10:30 Line Dancing, Social Hall  
11:45 Lunch  
**Beef enchilada, Tortilla, Spanish rice, Shredded lettuce salad, Fruit**  
12:45 Bingo, Social Hall  
3:30 Movie: Manhattan  
5:30 Movie: Annie Hall



18

10:45 Dancing, Social Hall  
11:45 Lunch  
**Chicken noodle soup, Bread, Salad w/broccoli, beets, onions, lettuce, tomatoes, cucumber and cabbage, Fruit**  
2:00 Newcomer's Group

19

11:45 Lunch  
**BBQ Beef, bread, green beans and cauliflower, green salad, fruit**  
1:00 Movie: The Iron Lady  
4:00 Wii Bowling  
5:15 Drop In Bridge

20

10:00 Podiatry Screening  
10:30 Line Dancing, Social Hall  
11:45 Lunch  
**Chef's choice fish, Brown rice, Diced carrots, Coleslaw w/apples and mandarin oranges, Watermelon**  
12:45 Bingo, Social Hall  
2:00 Senior Advisory Committee Meeting  
2:30 Workshop: Searching on Google  
5:30 Movie: The Iron Lady

25

10:45 Dancing, Social Hall  
11:45 Lunch  
**Beef stroganoff, Noodles, California blend veggies, Green salad, Gelatin w/ fruit**



26

8:30 HICAP  
8:50 Eyeglass Repair  
11:45 Lunch  
**Oven breaded chicken, Whole grain bread, Peas and carrots, Baked potato, Fruit**  
1:00 Movie: The Descendants  
4:00 Wii Bowling  
5:15 Drop In Bridge

27

10:30 Line Dancing, Social Hall  
11:45 Lunch  
**Frittata w/egg, cheese, ham, broccoli and zucchini, Pasta w/ pesto, Mixed veggies, Green salad, w/broccoli, Pineapple**  
12:30 Alzheimer's Screening  
12:45 Bingo, Social Hall  
5:30 Movie: The Descendants



Double Feature

## Thursday

## Friday

## Strawberry Summer Salad

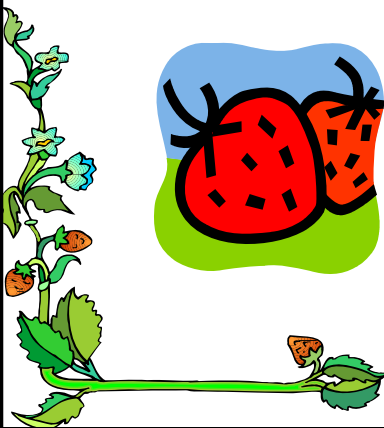
### Ingredients:



- 1 cup mayonnaise
- ¼ cup white sugar
- 1 tablespoon white vinegar
- 1 tablespoon poppy seeds
- 1 bunch fresh spinach, washed, stems removed
- ½ cup diced red onion
- 1 (16 ounce) package fresh strawberries, hulled and sliced
- 1 head iceberg lettuce, torn into bite-size pieces

### Directions:

1. Make a dressing by whisking together the mayonnaise, sugar and vinegar in a small bowl. Stir in the poppy seeds; set aside.
2. Toss together the lettuce, spinach, and onion in a large bowl. Drizzle the dressing over the salad and toss to coat. Add the strawberries and lightly toss again. Serve immediately.



**1**

10:30 Blood Pressure Check  
10:45 Dancing, Social Hall

**11:45 Lunch**

**Beef minestrone soup w/tomatoes, pasta greens, kidney beans, 4 way blend veggies, Spinach and cucumber salad w/ ½ egg, Cantaloupe**

1:00 Movie: My Week with Marilyn



**8**

10:30 Blood Pressure Check  
10:45 Dancing, Social Hall

**11:45 Lunch**

**Chili Colorado-pork, Tortilla, Fresh cooked pinto beans, Spinach, cucumber and tomato salad, Apple juice**

1:00 Movie: Tower Heist



**7**

8:30 Notary Service  
10:30 Bookmobile

**11:45 Lunch**

**Hamburger w/ lettuce and tomato, Bun, Green beans, Potato salad, Cantaloupe**

1:00 SALA Appointments

1:00 Workshop: Day Worker Center

**14**

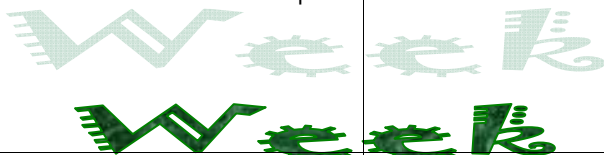
10:00 Movie: Gone With the Wind pt 1  
10:30 Bookmobile

**11:45 Lunch**

**Baked fish, Brown rice, California blend veggies, Green salad, Fruit, Surprise dessert**

*Father's Day Lunch Performance by The Swinging Seniors*

1:00 Movie: Gone With the Wind pt 2



**15**

10:00 Movie: Gigi  
10:30 Blood Pressure Check  
10:45 Dancing, Social Hall

**11:45 Lunch**

**Chicken cacciatore, Seasoned pasta, Onions, green bell peppers, diced tomatoes in entrée, Green salad, Fruit**

1:00 Movie: An American in Paris

**22**

10:30 Blood Pressure Check  
10:45 Dancing, Social Hall

**11:45 Lunch**

**Chili verde-pork, Tortilla, Fresh cooked pinto beans, Green salad, Fruit**

1:00 Movie: The Iron Lady



**21**

10:30 Bookmobile

**11:45 Lunch**

**Seasoned meatballs, Baked penne pasta, Italian veggies, Tossed salad, Fruit**

1:00 SALA Appointments

1:00 Workshop: Ideas to Action

**28**

10:00 VTA Clipper Cards  
10:30 Bookmobile

**11:45 Lunch**

**Ron's chicken, Brown rice, Oriental blend veggies, Green salad w/broccoli, Fruit**

1:00 Workshop: Hiring Help at Home

**29**

10:30 Blood Pressure Check  
10:45 Dancing, Social Hall

**11:45 Lunch**

**Tuna sandwich w/celery and onions, Whole grain bread, Vegetable soup, Carrot raisin salad, Melon**

1:00 Movie: The Descendants